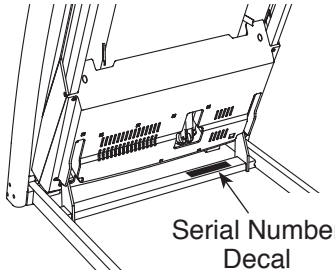
PRO-FORM® 415 LT

www.proform.com

Model No. PFTL59010.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

FREE
ifit HOW-TO VIDEOS
www.iFit.com

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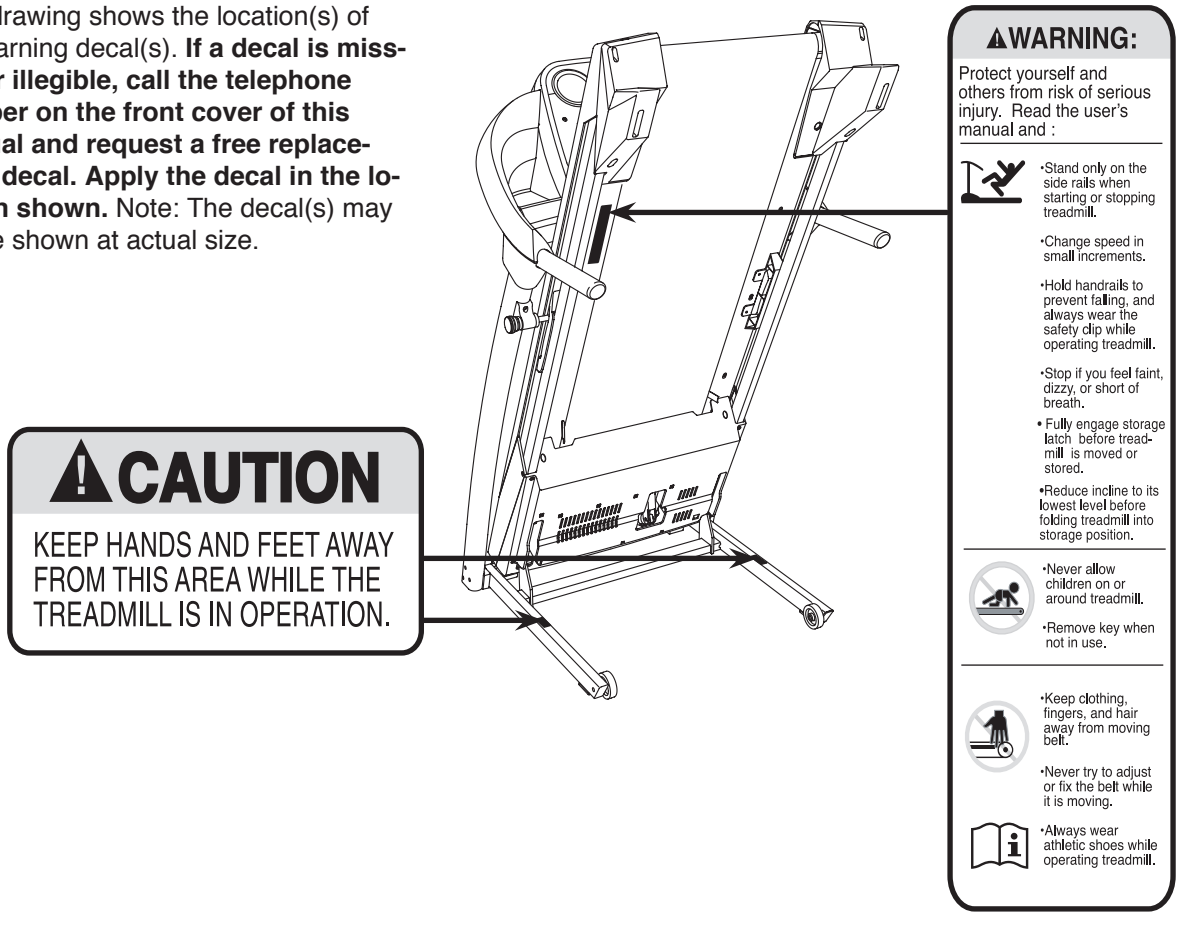
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 13). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.**

12. **Use only a surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local PROFORM dealer, call the telephone number on the front cover of this manual, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7 and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

23. **Never insert any object into any opening on the treadmill.**

24. **Inspect and properly tighten all parts of the treadmill regularly.**

25. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

26. **This treadmill is intended for home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

27. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

SAVE THESE INSTRUCTIONS

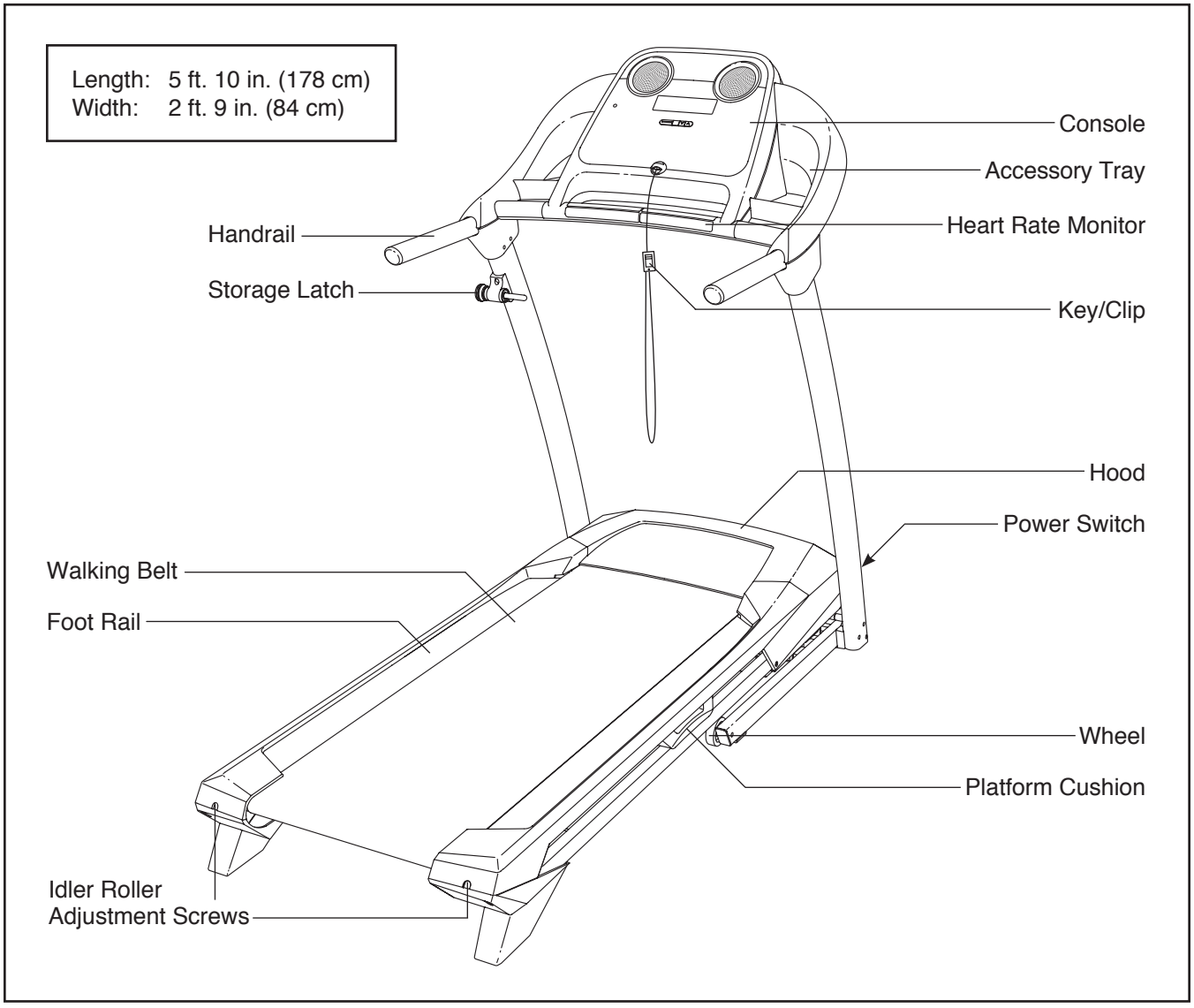
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 415 LT treadmill. The 415 LT treadmill provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the back cover of this manual.

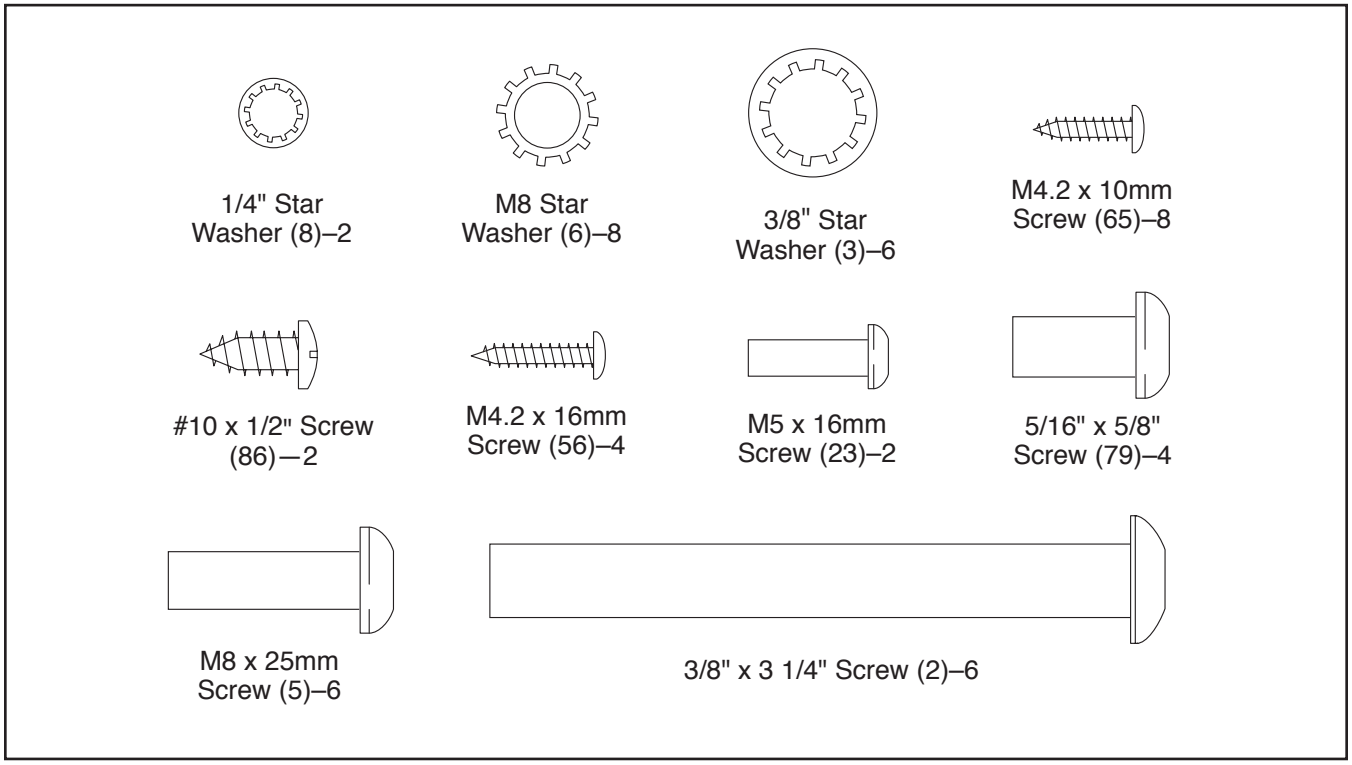
To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

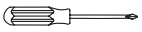
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached. Extra hardware may be included.**


1/4" Star Washer (8)–2
M8 Star Washer (6)–8
3/8" Star Washer (3)–6
M4.2 x 10mm Screw (65)–8
#10 x 1/2" Screw (86)—2
M4.2 x 16mm Screw (56)–4
M5 x 16mm Screw (23)–2
5/16" x 5/8" Screw (79)–4
M8 x 25mm Screw (5)–6
3/8" x 3 1/4" Screw (2)–6

ASSEMBLY

- To hire a service technician to assemble this product in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- The underside of the walking belt is coated with high-performance lubricant. After shipping, there may be some lubricant on top of the walking belt or on the shipping carton. This is normal. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- To identify small parts, see page 6.
- Assembly requires the following tools:

  the included hex keys

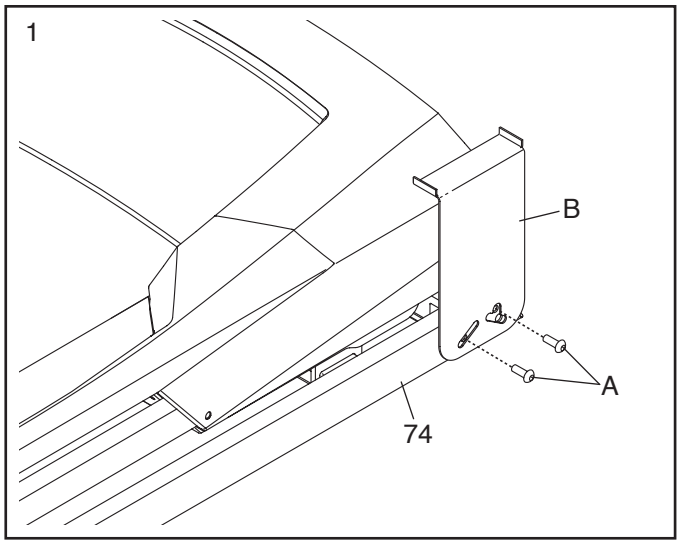
  one Phillips screwdriver 

  scissors

- To avoid damaging parts, do not use power tools.

1. **Make sure that the power cord is unplugged.**

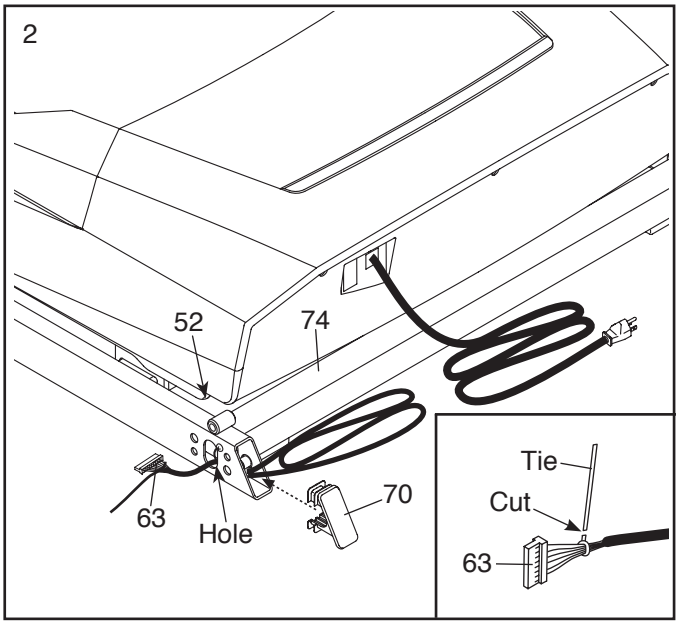
   Remove and discard the two screws (A) and the shipping bracket (B) from the right side of the Base (74). Then, remove and discard the screws and shipping bracket (not shown) from the left side of the Base.



2. Locate the Upright Wire (63) bundled between the Base (74) and the Belly Pan (52). Route the Upright Wire into the Base and out of the indicated hole.

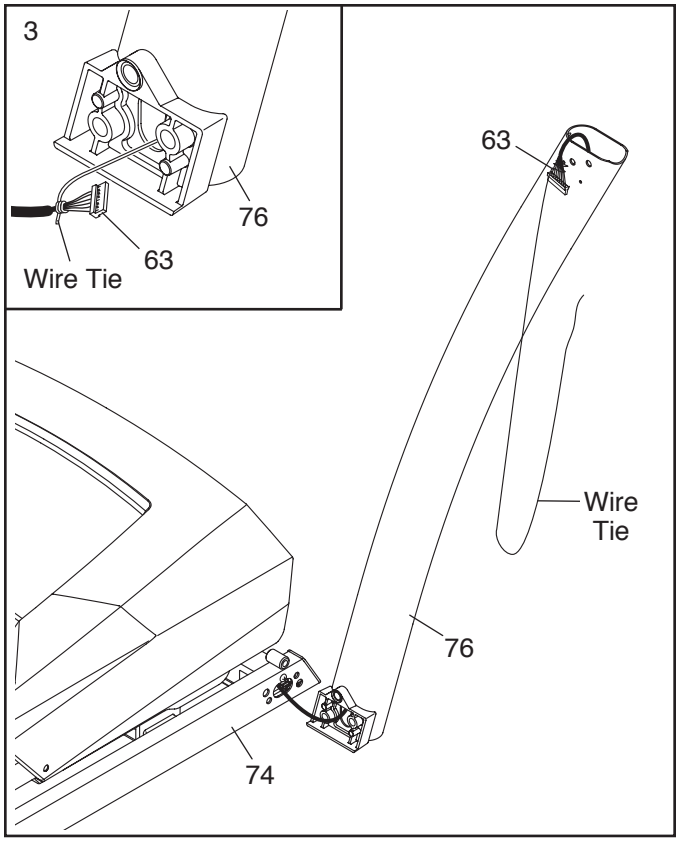
   Press a Base Cap (70) into each side of the Base (74).

   See the inset drawing. Cut the plastic tie near the Upright Wire (63). **Be careful not to damage the Upright Wire.**



3. Identify the Right Upright (76), which is marked "Right." Have a second person hold the Right Upright near the Base (74).

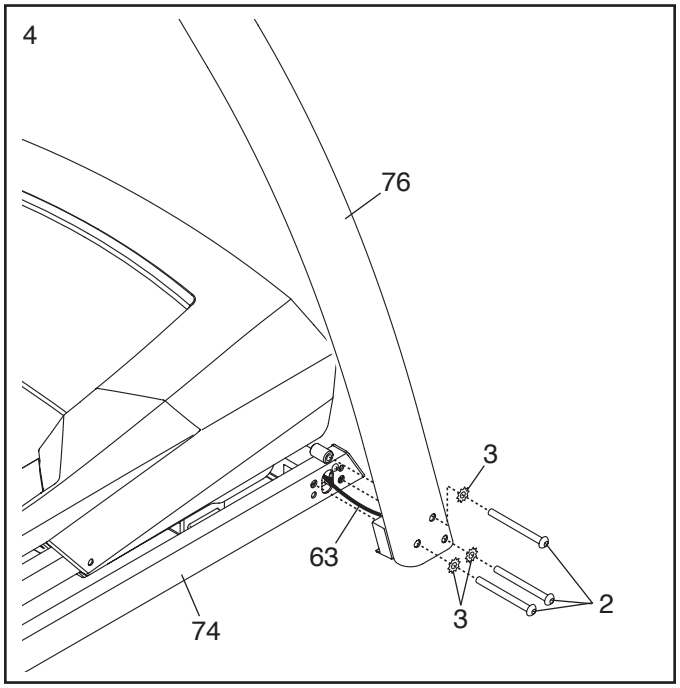
   See the inset drawing. Tie the wire tie in the Right Upright (76) securely around the end of the Upright Wire (63). Then, insert the Upright Wire into the lower end of the Right Upright as you pull the other end of the wire tie through the Right Upright.



4. Hold the Right Upright (76) against the Base (74). **Be careful not to pinch the Upright Wire (63).**

   Insert a 3/8" x 3 1/4" Screw (2) with a 3/8" Star Washer (3) into the top hole in the Right Upright (76). Then, partially tighten the Screw into the Base (74).

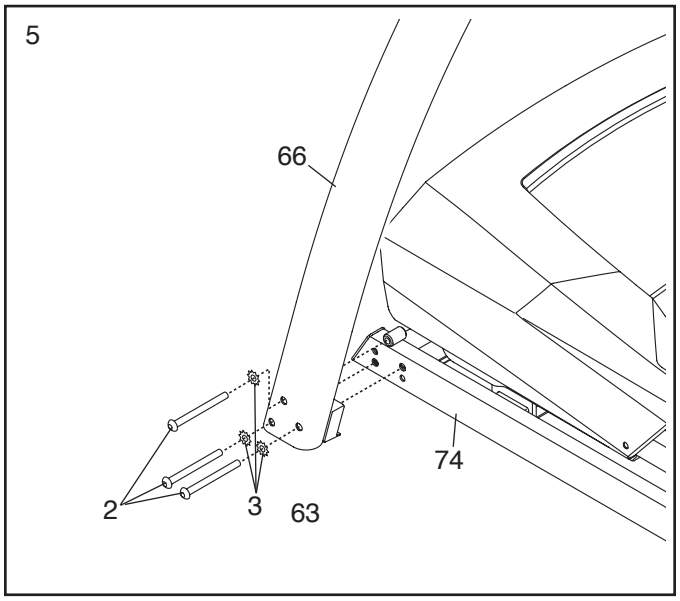
   Partially tighten two more 3/8" x 3 1/4" Screws (2) with two 3/8" Star Washers (3) into the Right Upright (76) and the Base (74); **do not fully tighten the Screws yet.**



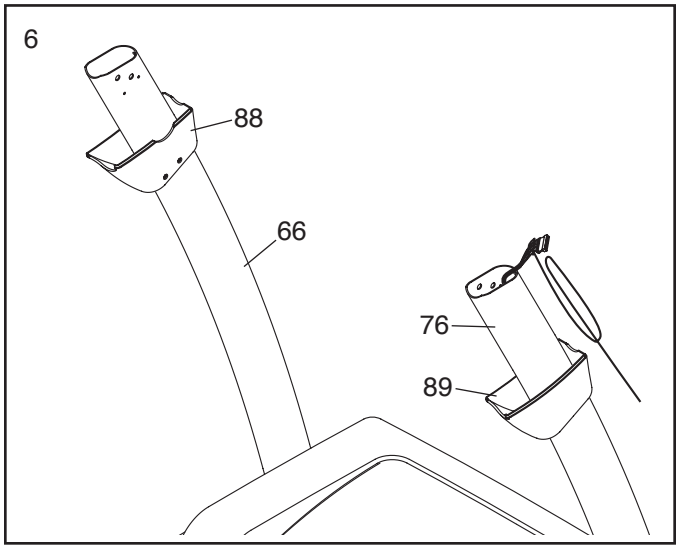
5. Hold the Left Upright (66) against the Base (74).

   Insert a 3/8" x 3 1/4" Screw (2) with a 3/8" Star Washer (3) into the top hole in the Left Upright (66). Then, partially tighten the Screw into the Base (74).

   Partially tighten two more 3/8" x 3 1/4" Screws (2) with two 3/8" Star Washers (3) into the Left Upright (66) and the Base (74); **do not fully tighten the Screws yet.**



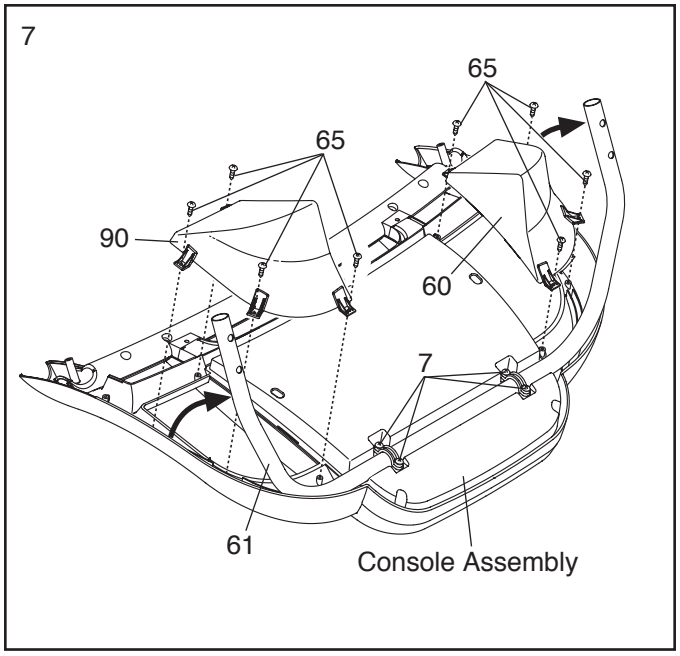
6. Identify the Left and Right Upright Covers (88, 89). Slide the Left Upright Cover onto the Left Upright (66) as shown. Slide the Right Upright Cover onto the Right Upright (76) as shown.



7. Set the console assembly face down on a soft surface to avoid scratching the console.

   Loosen the four #8 x 1" Screws (7). Carefully pivot the Console Frame (61) to the position shown. Identify the Left and Right Accessory Trays (90, 60). Attach the Accessory Trays to the console assembly with eight M4.2 x 10mm Screws (65).

   Carefully pivot the Console Frame (61) back down to the console assembly.



8. Identify the Right Handrail (64). Remove the tie from the Right Handrail. If necessary, press the M8 Cage Nut (85) back into place.

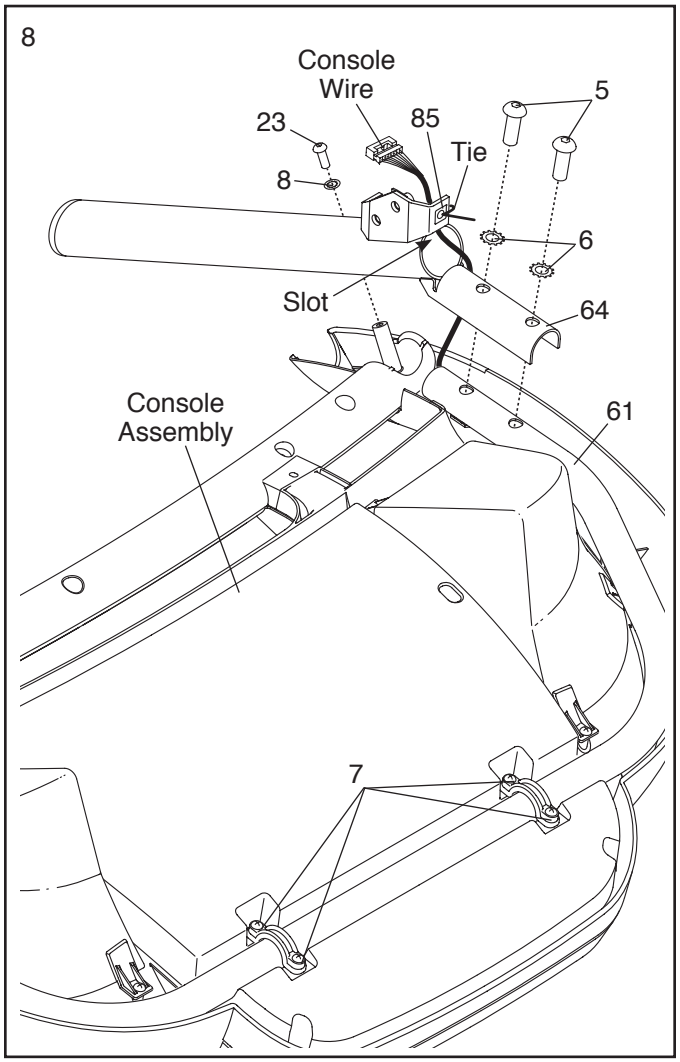
   Hold the Right Handrail (64) near the console assembly. Route the console wire around the side of the Right Handrail as shown, and through the slot in the Right Handrail.

   If necessary, adjust the Console Frame (61) to align the holes in the Right Handrail (64) with the holes in the Console Frame.

   Attach the Right Handrail (64) to the Console Frame (61) and the console assembly with two M8 x 25mm Screws (5), two M8 Star Washers (6), and an M5 x 16mm Screw (23) with a 1/4" Star Washer (8). **Make sure that the console wire is not pinched. Start all three Screws before tightening any of them.**

   Attach the Left Handrail (not shown) as described above. **Note: There is not a wire on the left side.**

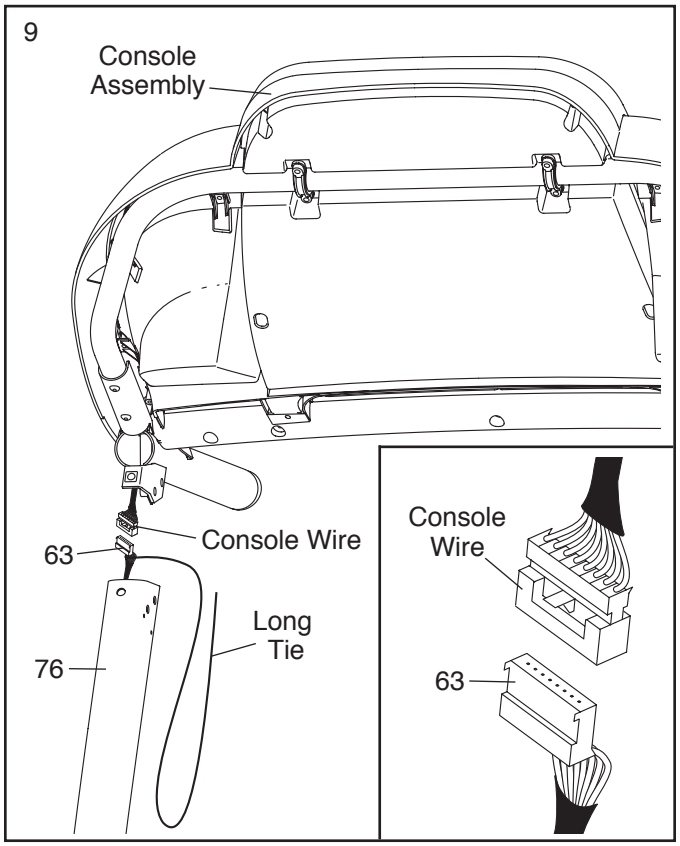
   Tighten the #8 x 1" Screws (7). **Be careful not to overtighten the Screws.**



9. Have a second person hold the console assembly near the Right Upright (76).

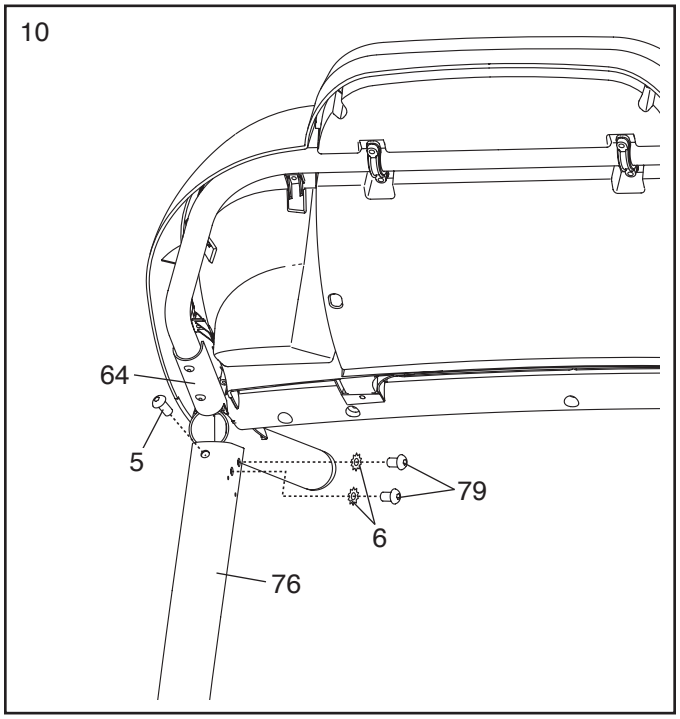
   Connect the Upright Wire (63) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Remove the long tie from the Upright Wire and the tie from the console wire. Then, insert the connectors into the Right Upright (76).

   Set the console assembly on the Right Upright (76) and the Left Upright (not shown). **Make sure that no wires are pinched.**



10. Start an M8 x 25mm Screw (5) and two 5/16" x 5/8" Screws (79) with two M8 Star Washers (6) into the Right Upright (76) and the Right Handrail (64) as shown. **Do not tighten the Screws yet.**

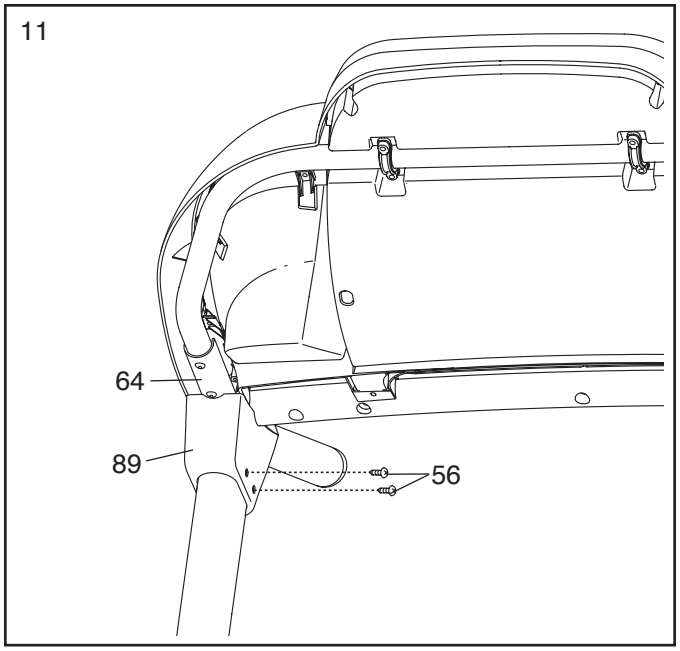
    Attach the Left Handrail (not shown) as described above. **Then, firmly tighten all six Screws.**



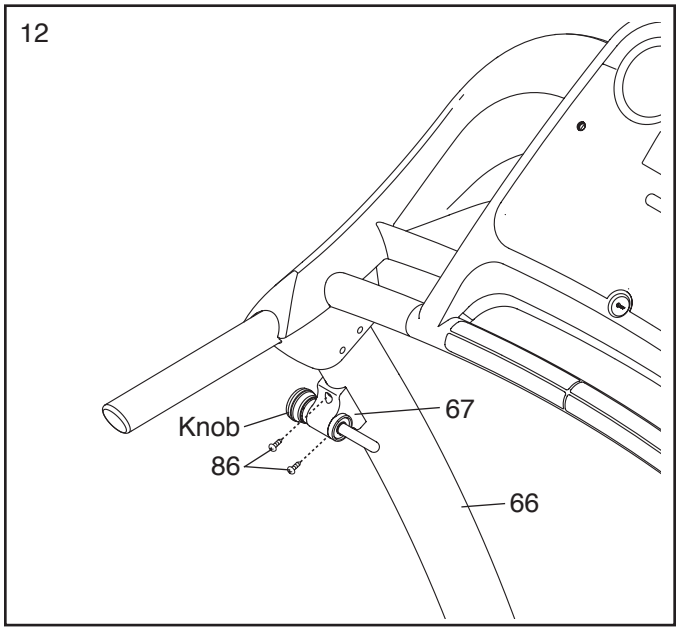
11. Slide the Right Upright Cover (89) up against the Right Handrail (64). Attach the Right Upright Cover with two M4.2 x 16mm Screws (56). **Be careful not to overtighten the Screws.**

    Attach the Left Upright Cover (not shown) as described above.

    See steps 4 and 5. Tighten the six 3/8" x 3 1/4" Screws (2).



12. Attach the Latch Housing (67) to the Left Upright (66) with two #10 x 1/2" Screws (86); **make sure that the knob is on the indicated side. Start both Screws, and then tighten them. Be careful not to overtighten the Screws.**



13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 23 and 24).

OPERATION AND ADJUSTMENT

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the treadmill, always use a surge suppressor with the treadmill. To purchase a surge suppressor, see precaution 12 on page 3.**

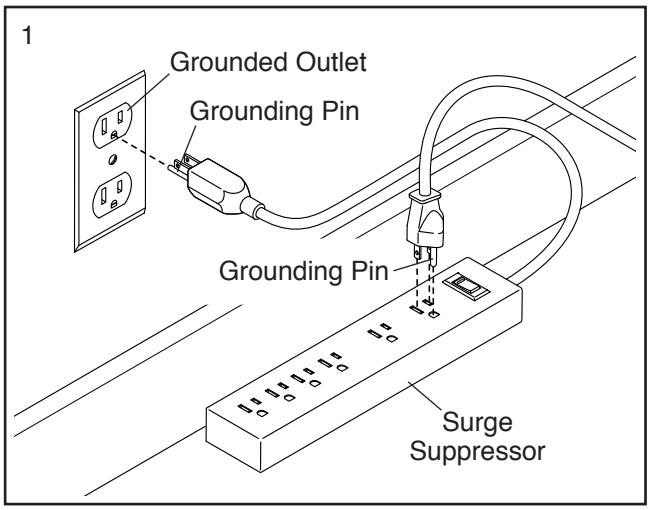
Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill and serious injury to users.**

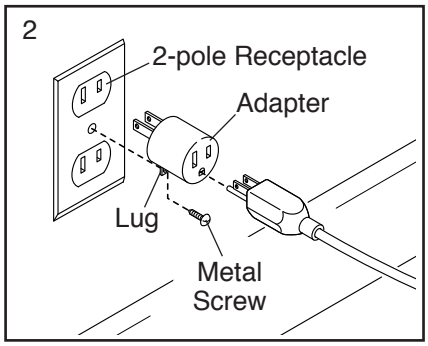
Plug in the Power Cord

The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord has a plug with a grounding pin (see drawing 1 on this page).

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

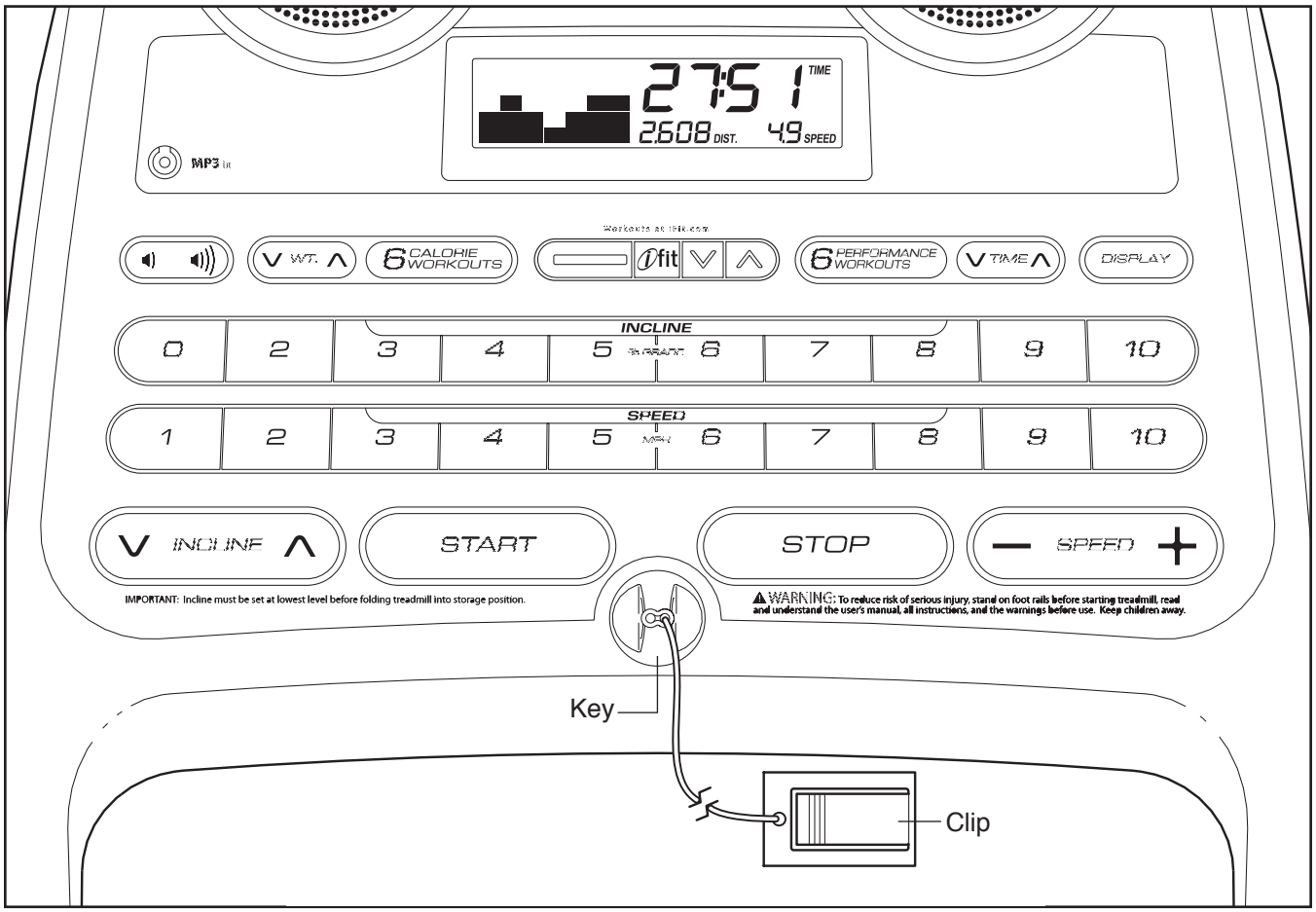
Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**





A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available. The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

In addition, the console features six calorie workouts and six performance workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

The console also features the new iFit interactive workout system. The iFit system enables the console to accept iFit interactive workout cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week weight loss workout, or train for a long-distance run with the marathon workout. iFit workouts automatically control the treadmill while the voice of a personal trainer coaches you through every step of your workout. **To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

You can even listen to your favorite workout music or audio books with the console's stereo sound system while you exercise.

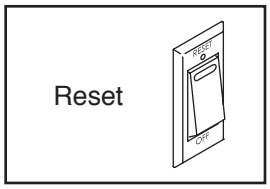
To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a calorie workout,** see page 17. **To use a performance workout,** see page 18. **To use an iFit workout,** see page 19. **To use the information mode,** see page 20.

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 20. Note: For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If a preset workout has been selected, remove the key and then reinsert it.

3. **Enter your weight if desired.**

   For the most accurate calorie count, enter your weight into the console by pressing the Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

4. **Start the walking belt.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the Speed buttons numbered 1 through 10.

   If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press a button, it may take a moment for the walking belt to reach the selected speed setting.

   If you press one of the numbered Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

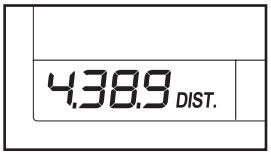
   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

5. **Change the incline of the treadmill as desired.**

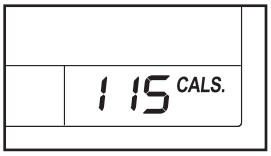
To change the incline of the treadmill, press the Incline increase or decrease buttons or one of the numbered Incline buttons. Each time you press a button, the incline will change by 0.5 percent. If you press one of the numbered Incline buttons, the treadmill will adjust to the selected incline setting. Note: After you press a button, it may take a moment for the treadmill to reach the selected incline setting.

6. **Follow your progress with the displays.**

The track—When the manual mode is selected, a track representing 1/4 mile (400 m) will appear in the display. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. The lower left display will also show the incline of the treadmill each time the incline level changes. Note: When a workout is selected, the lower left display will show the time remaining in the workout instead of the elapsed time.

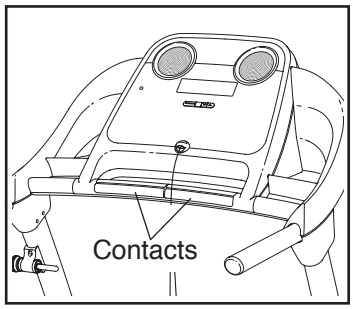


The lower right display—The lower right display can show the approximate number of calories that you have burned and the speed of the walking belt. The display also shows your heart rate when you use the handgrip heart rate monitor (see step 7).

The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories that you have burned, or the speed of the walking belt. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower displays.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

7. **Measure your heart rate if desired.**



Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts; **avoid moving your hands.** When your pulse is detected, a heart symbol in the lower right display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A CALORIE WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a calorie workout.**

   To select a calorie workout, press the Calorie Workouts button repeatedly until the desired workout appears in the display.

   When you select a calorie workout, the incline level of the workout will flash in the lower left display, the speed setting will flash in the lower right display, and then the workout duration will appear in the upper display. In addition, a profile of the speed settings of the workout will scroll across the display.

3. **Enter your weight if desired.**

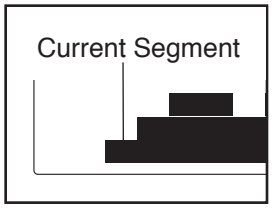
   For the most accurate calorie count, enter your weight into the console by pressing the Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

4. **Start the workout.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you and the treadmill will automatically adjust to the new speed and/or incline setting.



   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

5. **Follow your progress with the displays.**

   See step 6 on page 16.

6. **Measure your heart rate if desired.**

   See step 7 on page 16.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 16.

HOW TO USE A PERFORMANCE WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a performance workout.**

   To select a performance workout, press the Performance Workouts button repeatedly until the desired workout appears in the display.

   When you select a performance workout, the maximum incline level of the workout will flash in the lower left display, the maximum speed setting will flash in the lower right display, and then the workout duration will appear in the upper display. In addition, a profile of the speed settings of the workout will scroll across the display.

3. **Enter your weight if desired.**

   For the most accurate calorie count, enter your weight into the console by pressing the Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

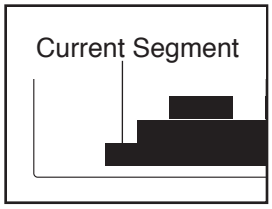
4. **Select the duration of the workout if desired.**

   If you have selected a performance workout, you can set the duration of the workout to a time between 15 and 45 minutes, in increments of 5 minutes. To set the duration of the workout press the Time increase or decrease button until the desired time is selected. The new workout settings will appear in the displays.

5. **Start the workout.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into 30 one-minute segments, unless you have changed the duration of the workout (see step 4). One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.



During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you and the treadmill will automatically adjust to the new speed and/or incline setting.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

6. **Follow your progress with the displays.**

   See step 6 on page 16.

7. **Measure your heart rate if desired.**

   See step 7 on page 16.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 16.

HOW TO USE AN IFIT WORKOUT

To purchase iFit cards, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.

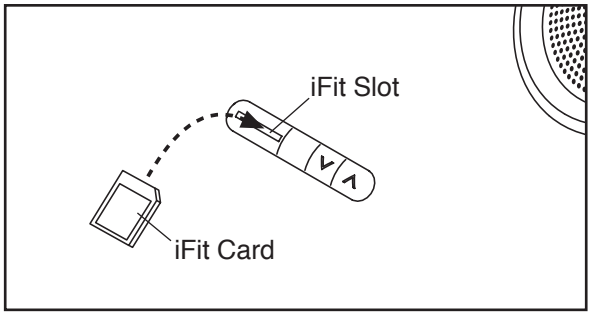
1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are inserted into the iFit slot.

   Next, select an iFit workout by pressing the iFit increase or decrease button. When an iFit workout is selected, the maximum incline level of the workout will flash in the lower left display, the maximum speed setting will flash in the lower right display, and then the workout duration will appear in the upper display. In addition, a profile of the speed settings of the workout will scroll across the display.



   Each iFit workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

3. **Start the workout.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   During the workout, a personal trainer will guide you through the workout.

   If the speed or incline setting for the current segment is too high or too low, you can override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the displays.**

   See step 6 on page 16.

5. **Measure your heart rate if desired.**

   See step 7 on page 16.

6. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 16.

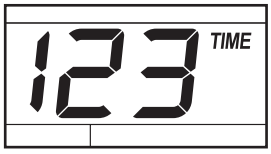
   CAUTION: Always remove iFit cards from the iFit slot when you are not using them.

THE INFORMATION MODE

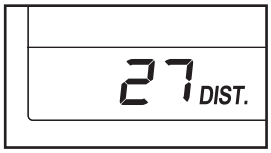
The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select a measurement system of miles or kilometers, and to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

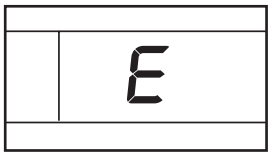
The upper display will show the total number of hours the treadmill has been used.



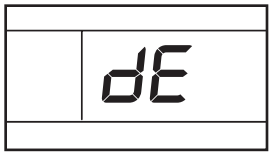
The lower left display will show the total number of miles (or kilometers) that the walking belt has moved.



An “E” for English miles or an “M” for metric kilometers will appear in the lower right display. Press the Speed increase button to change the unit of measurement if desired.



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the lower right display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.



To exit the information mode, remove the key from the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console’s stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the MP3 jack.

To use the MP3 jack, locate the included audio wire and plug it into the MP3 jack. Then, plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully inserted.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player.

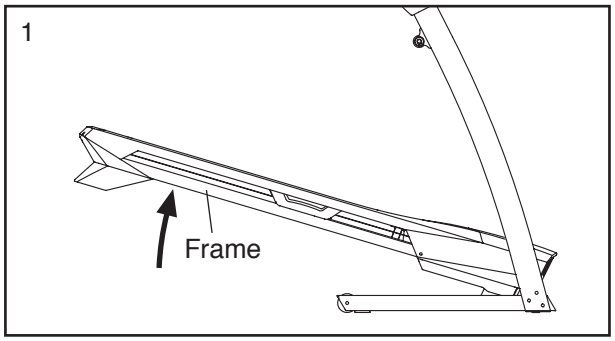
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO FOLD AND MOVE THE TREADMILL

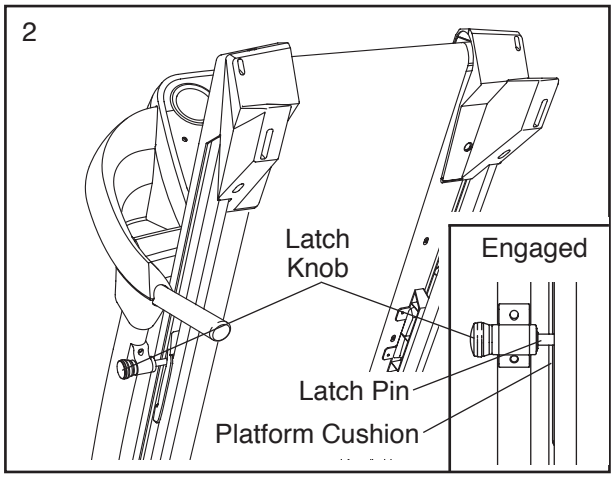
HOW TO FOLD THE TREADMILL

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Hold the frame firmly with your right hand. Pull the latch knob to the left and hold it. Raise the frame until the hole in the platform cushion is aligned with the latch pin. Then, slowly release the latch knob; **make sure that the latch pin is fully inserted into the platform cushion.**

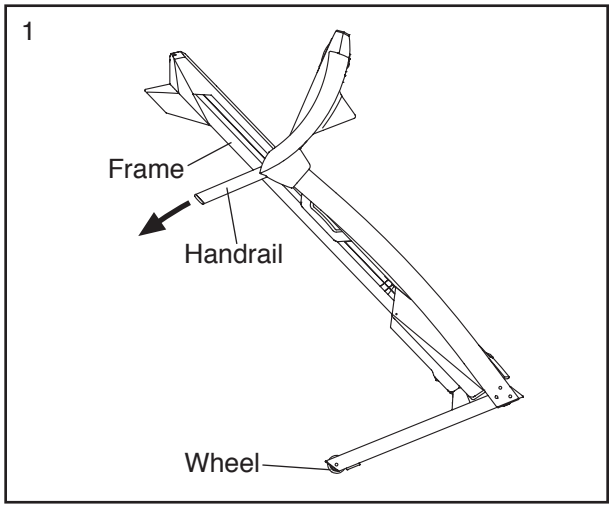


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch pin is fully inserted into the platform cushion. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Make sure that the pin does not hit against the foot rail. Then, release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

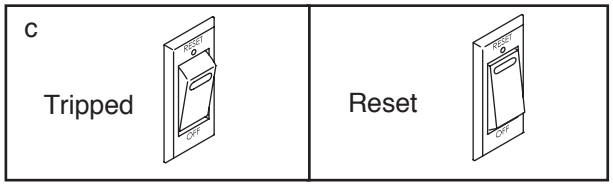
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a surge suppressor and that the surge suppressor is plugged into a properly-grounded outlet (see page 13). Use only a surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

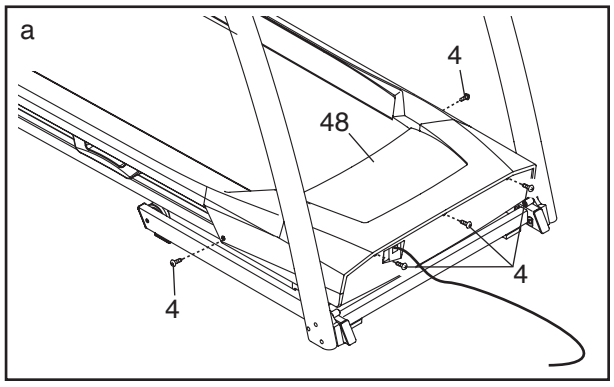
d. If the treadmill still will not run, please see the front cover of this manual.

SYMPTOM: The console displays remain lit when you remove the key from the console

a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

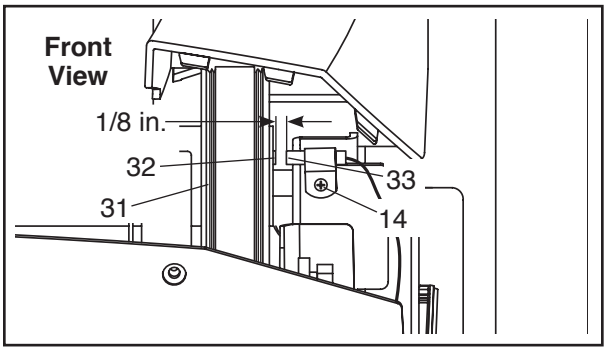
SYMPTOM: The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the five indicated #8 x 3/4" Screws (4).



Carefully lift the Motor Hood (48) upward, and then slide it forward and off. Make sure that the Motor Hood does not get caught by the tabs on the sides of the Motor Hood.

Locate the Reed Switch (33) and the Magnet (32) on the right side of the Pulley (31). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Truss Head Screw (14), move the Reed Switch slightly, and then retighten the Screw. Carefully slide the Motor Hood (not shown) back on by lining up the guides. Reattach the Motor Hood with the five #8 x 3/4" Screws (not shown). Then, plug in the power cord, insert the key, and run the treadmill for a few minutes to check for a correct speed reading.



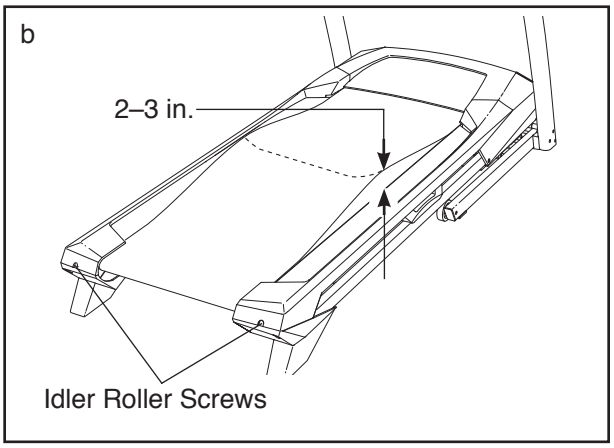
SYMPTOM: The incline of the treadmill does not change correctly

a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not begin calibrating, press the Stop button again, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

SYMPTOM: The walking belt slows when walked on

a. Use only a surge suppressor that meets all of the specifications described on page 13.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

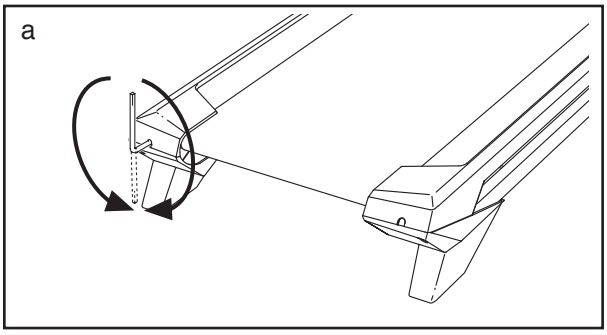


c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.

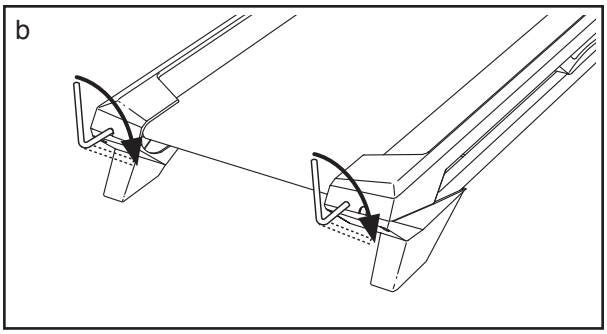
d. If the walking belt still slows when walked on, see the front cover of this manual.

SYMPTOM: The walking belt is off-center or slips when walked on

a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

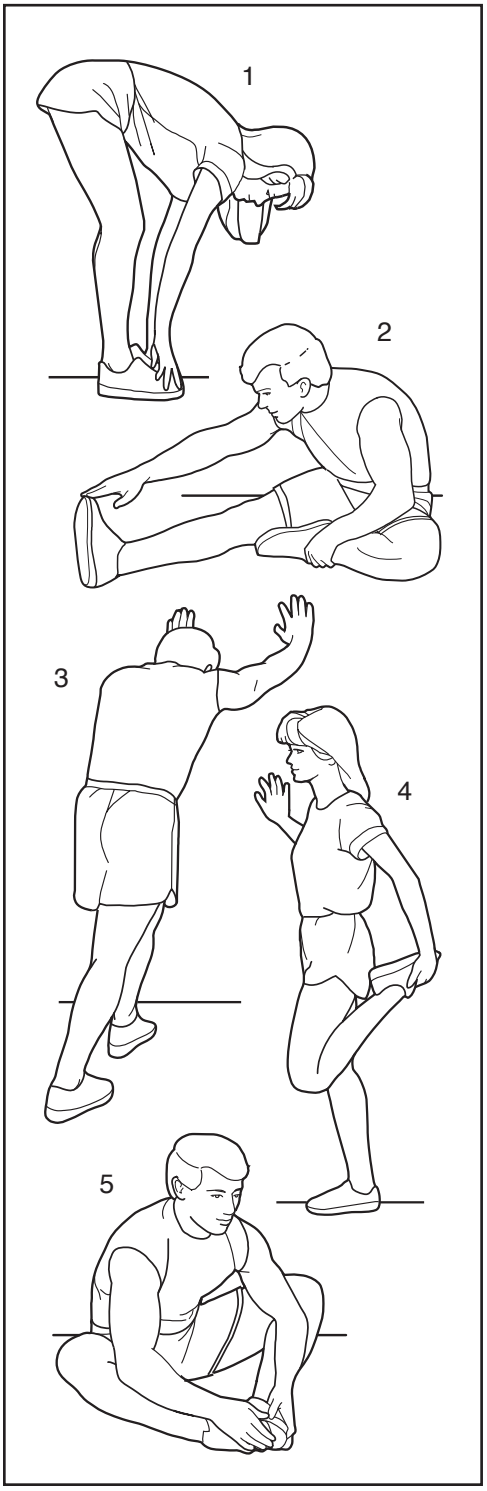
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

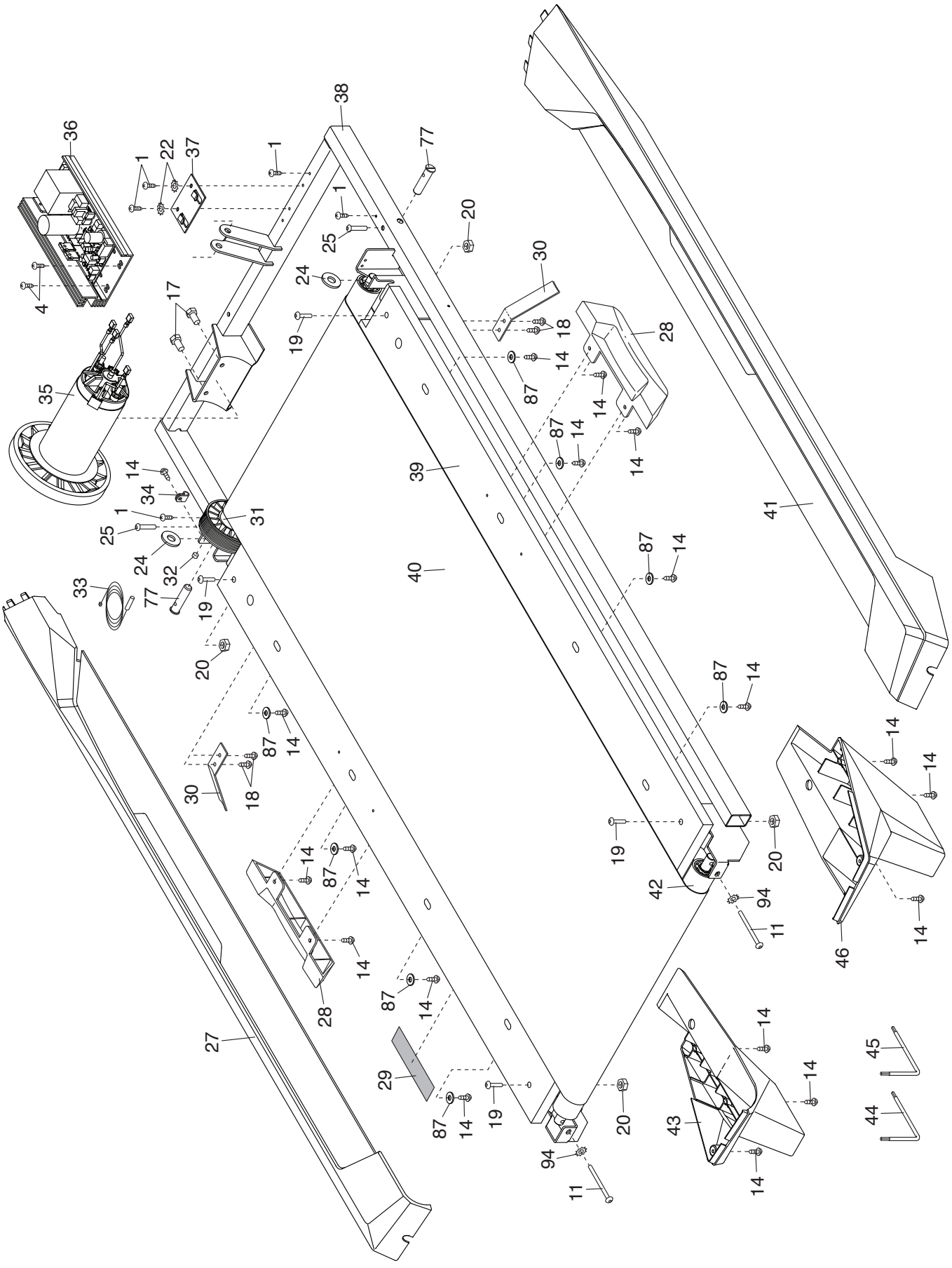
Model No. PFTL59010.0 R1211A

Key No.	Qty.	Description
1	8	#8 x 1/2" Ground Screw
2	6	3/8" x 3 1/4" Screw
3	6	3/8" Star Washer
4	15	#8 x 3/4" Screw
5	6	M8 x 25mm Screw
6	8	M8 Star Washer
7	4	#8 x 1" Screw
8	2	1/4" Star Washer
9	2	3/8" x 2 1/2" Bolt
10	1	Incline Motor Spacer
11	2	1/4" x 2 1/2"
12	2	3/8" x 1" Bolt
13	3	Hood Clip
14	19	#8 x 3/4" Truss Head Screw
15	1	3/8" x 1 3/4" Bolt
16	6	3/8" Jam Nut
17	2	1/4" Motor Screw
18	4	#8 x 1/2" Screw
19	4	5/16" x 1 1/2" Bolt
20	4	5/16" Nut
21	2	Handrail Cap
22	2	#8 Star Washer
23	2	M5 x 16mm Screw
24	2	Drive Roller Washer
25	2	1/4" x 1 1/4" Screw
26	2	Incline Frame Washer
27	1	Left Foot Rail
28	2	Platform Cushion
29	1	Caution Decal
30	2	Belt Guide
31	1	Drive Roller/Pulley
32	1	Magnet
33	1	Reed Switch
34	1	Reed Switch Clamp
35	1	Drive Motor
36	1	Controller
37	1	Controller Plate
38	1	Frame
39	1	Walking Platform
40	1	Walking Belt
41	1	Right Foot Rail
42	1	Idler Roller
43	1	Left Rear Foot
44	1	Hex Key
45	1	7/32" Hex Key
46	1	Right Rear Foot
47	1	Console Ground Wire
48	1	Motor Hood
49	1	Incline Motor
50	2	Lift Frame Bushing
51	1	Lift Frame
52	1	Belly Pan
53	1	Power Cord Grommet
54	1	Power Cord
55	1	Power Switch
56	4	M4.2 x 16mm Screw
57	1	Console
58	1	Console Base
59	1	Left Handrail
60	1	Right Tray
61	1	Console Frame
62	1	Key/Clip
63	1	Upright Wire
64	1	Right Handrail
65	8	M4.2 x 10mm Screw
66	1	Left Upright
67	1	Latch Housing
68	1	Latch Pin Assembly
69	2	Warning Decal
70	4	Base Cap
71	2	Thick Base Pad
72	2	Thin Base Pad
73	1	Upright Grommet
74	1	Base
75	2	Wheel
76	1	Right Upright
77	2	Lift Frame Pin
78	1	Audio Wire
79	4	5/16" x 5/8" Screw
80	9	M4.2 x 19mm Screw
81	2	Wire Tie
82	1	Pulse Crossbar
83	2	Console Clamp
84	2	M4 x 45mm Screw
85	2	M8 Cage Nut
86	2	#10 x 1/2" Screw
87	8	#10 Flat Washer
88	1	Left Upright Cover
89	1	Right Upright Cover
90	1	Left Tray
91	8	M4.2 x 19mm Tek Screw
92	1	3/8" x 1 1/2" Bolt
93	2	M4.2 x 16mm Screw
94	2	1/4" Star Washer
95	1	Hood Accent
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING A

Model No. PFTL59010.0 R1211A



EXPLODED DRAWING B

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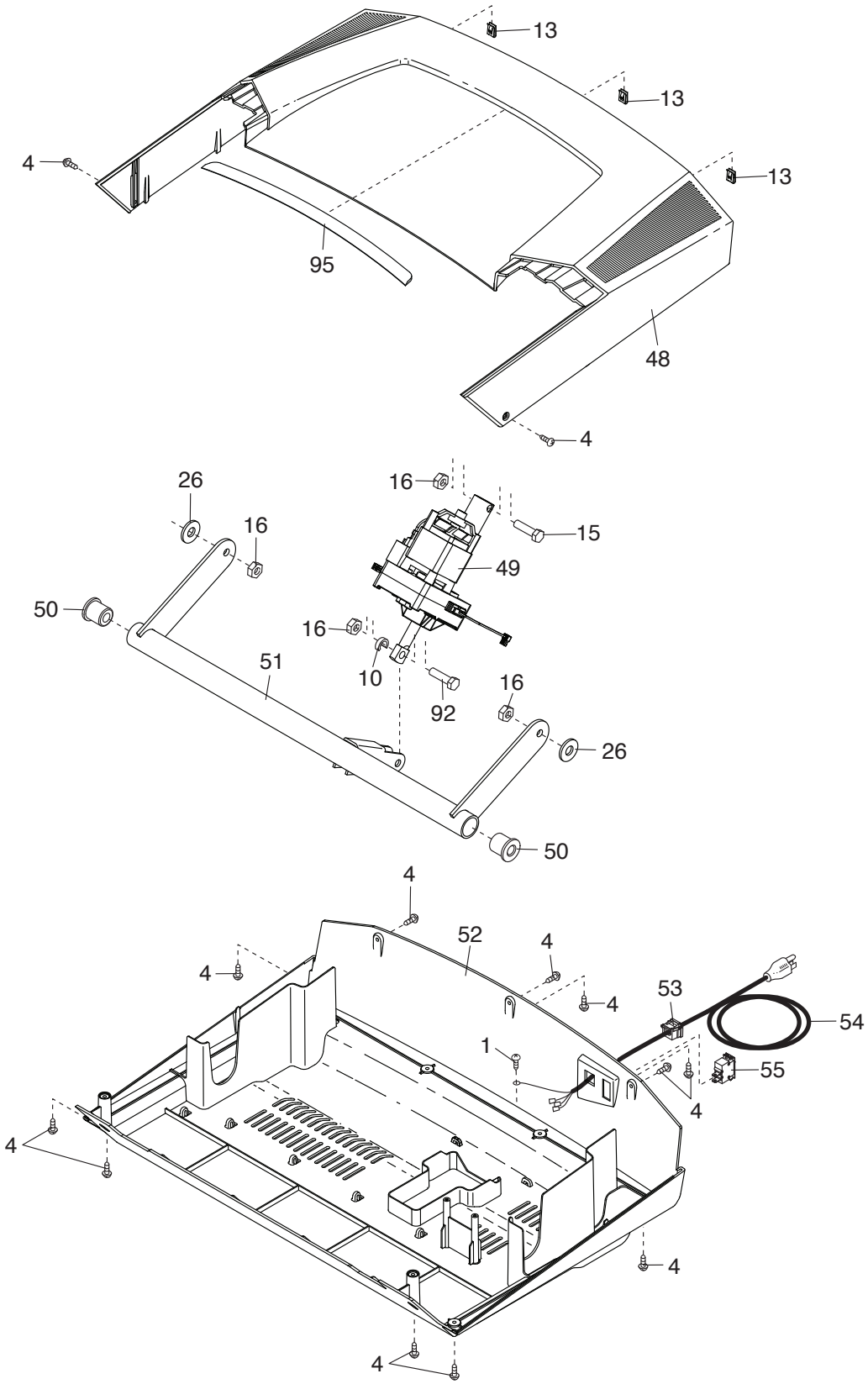
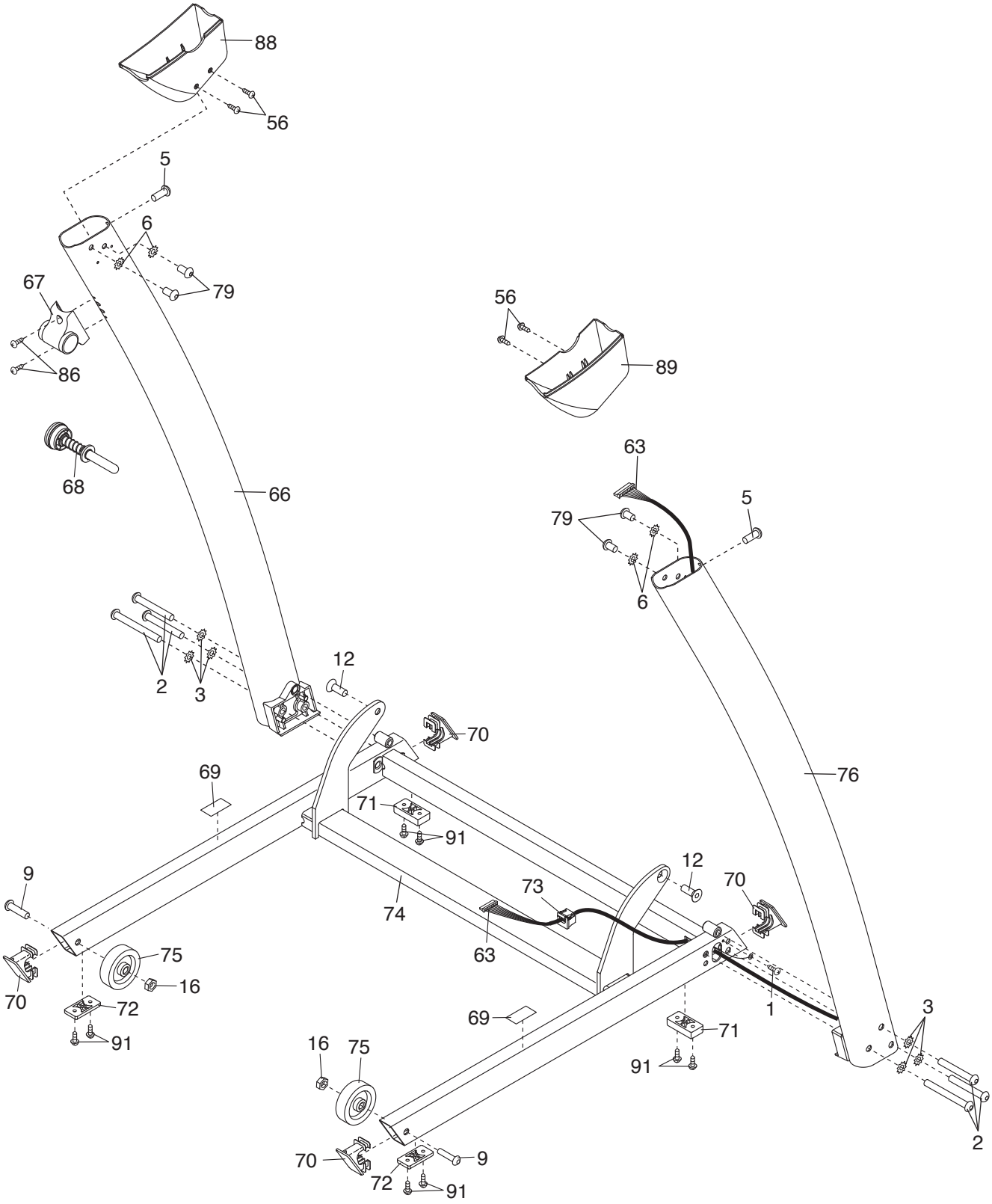


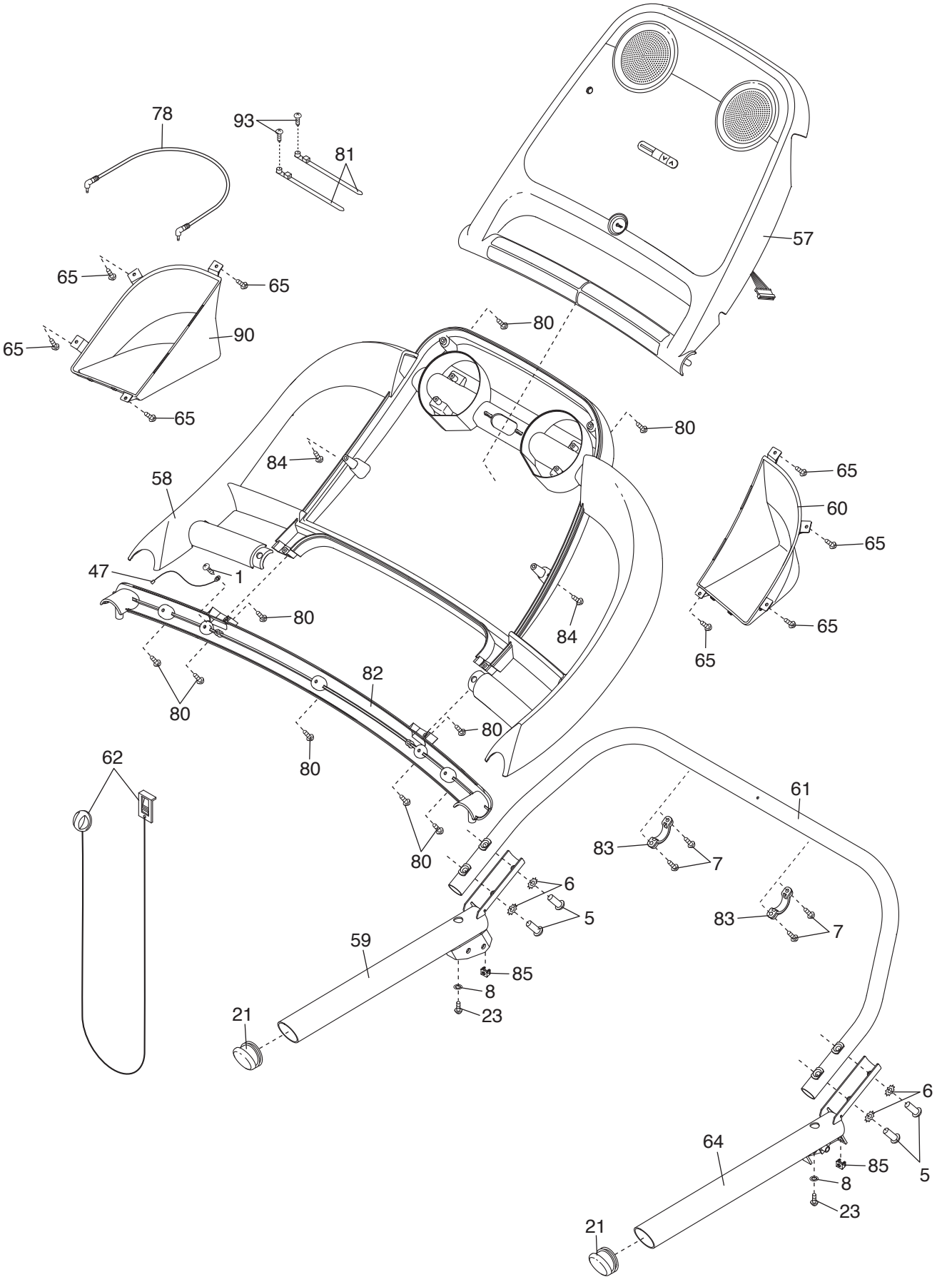
EXPLODED DRAWING C

Model No. PFTL59010.0 R1211A



EXPLODED DRAWING D

Model No. PFTL59010.0 R1211A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for ten (10) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 320674 R1211A

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